



in harmony with myself

The first important thing about me is healthy way of life.

**I don't smoke. I don't drink alcohol.
And certainly I don't take drugs.
You need to understand that
smoking, alcohol and drug use are
destroying human health.**



The second important thing about me is that I love technology

I like to assemble computers, and also repair and disassemble tablets and phones.



The third important thing about me is doing sports.

Nowadays the popularity of sports is increasing. I believe that physical activity has many advantages and brings us great benefit. It is the best way to do our life, health, mood and appearance much better.



The fourth important thing about me I love fishing.

**This is very exciting, so also
delicious as a result! I like both
winter and summer fishing.**



The fifth important thing about me is kindness.

**Kindness helps to feel
happy. Kindness prolongs
life.**



What I do to be my own best mate.

**I should be
wise, good-natured and
sociable to be my own
best friend.**





Thanks for watching